

## Family Wellness Recovery Action Plan Workshop (FWRAP)

FWRAP is an 8-week self-help workshop based on the original WRAP® program. Together we explore ways to support our struggling loved one without losing ourselves. Family WRAP® consists of 8 sessions:

Session 1	<b>Introduction to Self-Help and Family Wellness Recovery Action Planning</b> <ul style="list-style-type: none"> <li>Self-reflection, exploring individual and collective perspectives</li> <li>Internal &amp; external conditions that support recovery</li> <li>Power of self-help and group support</li> </ul>
Session 2	<b>Pathways to Recovery and the Process of Healing</b> <ul style="list-style-type: none"> <li>New concepts of mental health recovery</li> <li>Family core values and barriers to recovery and healing</li> <li>Role of the family in nurturing healing and wellness</li> </ul>
Session 3	<b>WRAP® and FWRAP as Self-Care</b> <ul style="list-style-type: none"> <li>Personal "Bill of Rights"</li> <li>Developing Wellness Toolbox for yourself, and the family as a whole</li> <li>Planning Individual and Family Daily Maintenance Plans</li> </ul>
Session 4	<b>Triggers and Action Planning</b> <ul style="list-style-type: none"> <li>Exploring individual Triggers and those impacting the family unit</li> <li>Gaining knowledge &amp; building awareness of Triggers</li> <li>Stress reduction and relaxation exercises</li> </ul>
Session 5	<b>Early Warning Signs and When Things Are Breaking Down</b> <ul style="list-style-type: none"> <li>Becoming aware of Early Warnings Signs and making an Action Plan</li> <li>Exploring what to do when Things are Broken Down</li> <li>When Things are Getting Worse: Individually and as a family unit</li> </ul>
Session 6	<b>Family Crisis Planning</b> <ul style="list-style-type: none"> <li>Exploring the 9 parts of Crisis Planning</li> <li>Discussion of the varieties of Crisis; how it applies to individuals and families as a unit</li> </ul>
Session 7	<b>Family Resources</b> <ul style="list-style-type: none"> <li>Developing a Post-Crisis Plan</li> <li>How to support self-determination and self-efficacy</li> <li>Exploring and discussing resources in our community</li> </ul>
Session 8	<b>Self-Reflection and Next Steps</b> <ul style="list-style-type: none"> <li>Group Pot Luck - Introduction to PSD's weekly Family Peer Support Group</li> <li>Guest Speaker - Sharing of a Peer Support Worker's Recovery Story</li> </ul>

# Wellness Recovery Action Plan Facilitator Guide

**Mallika Sothinathan, Lata Gullapalli**



## **Wellness Recovery Action Plan Facilitator Guide:**

## **Wellness Recovery Action Plan Facilitator Guide** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has be evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **Wellness Recovery Action Plan Facilitator Guide**, a literary masterpiece that delves deep in to the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

<https://letsgetcooking.org.uk/public/Resources/fetch.php/Panorama%20Recapitulacion%20Answers.pdf>

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